

Year group	Block 1 Outdoor	Block 2 Indoors	Block 3 Indoors	Block 4 Outdoors
1	<p><b><u>Exploring small apparatus</u></b> In simple situations using small equipment the children will develop balance and body control improving kinaesthetic awareness. Developing confidence, self-esteem and respect for equipment and use of space. Listen to instructions to develop focus and concentration.</p>	<p><b><u>Gymnastics:</u></b> While performing basic moves children will begin to develop kinaesthetic awareness, core stability, flexibility and strength. Develop problem solving skills while working on larger apparatus and also sequential thinking and creativity. <b><u>Social dance:</u></b> Begin to learn about rhythm and timing through simple dances.</p>	<p><b><u>Racket Skills:</u></b> Using small balls and games improve gross and fine motor skills and improve focus and concentration. Develop cue recognition by watching bounce and go from bounce and catch over a net to bounce and hit. Personal skills needed are determination and resilience <b><u>Creative dance:</u></b> Begin to develop co-ordination, creativity and fluency in dance through a variety of stimuli often linked to class topics. Children will experience the excitement of performing for an audience. And continue to develop sequential thinking.</p>	<p><b><u>Athletics:</u></b> Through simple running, jumping and throwing activities children are motivated to improve physical fitness. Specifically improving speed and stamina <b><u>Cricket:</u></b> Continue to develop hitting skills from previous block. Also accuracy in under arm throw and try overarm throw. Begin to make decisions and work with others as a team of 4.</p>
2	<p><b><u>Outdoor Games</u></b> Through small sided games and working with a partner, children will develop more control and fluency in a variety of skills and develop confidence in playing in simple games. Begin to move and catch. Understand dodging also begin to understand marking someone from the opposite team.</p>	<p><b><u>Gymnastics</u></b> Children will develop kinaesthetic awareness of their bodies and develop control and body tension in a range of gymnastics skills. They will start to link skills together in simple sequences on floor and apparatus. Develop their own creative ideas. <b><u>Social Dance</u></b> Learn set dances working on focus and concentration and rhythm and timing.</p>	<p><b><u>Racket skills.</u></b> Working with a partner. Improve gross and fine motor skills, with under arm feed and hit over a net. For some work towards a rally and deciding to play forehand or backhand shot. Continue to work on determination and resilience and also focus and concentration. <b><u>Creative Dance</u></b> Through the class topic children will use a variety of stimuli to use their own and others ideas for dance. Developing creativity and work with a partner and in small groups working on communication skills.</p>	<p><b><u>Athletics</u></b> Through simple running, jumping and throwing activities children are motivated to improve physical fitness. They are able to describe simple changes exercise makes to their body <b><u>Cricket</u></b> Improve co-ordination and fluency through bowling, batting, wicket keeping and fielding in small games.</p>

3	<p><b>Outdoor games</b> Increase speed and agility in a number of small sided games and co-ordination and fluency in skills with a large ball. Through experience in these small games develop decision making and confidence. Also to develop strategies around winning and losing.</p>	<p><b>Gymnastics</b> Develop children's strength and flexibility in an increasing number of gym skills. Through making up sequences be more observant and evaluate others work. <b>Social Dance</b> Remember last year's dances and work on more complex set dances, working with respect for others.</p>	<p><b>Racket skills</b> Work towards every one rallying over a net, understanding forehand, backhand and volley. Some to begin full game of mini red tennis with children umpiring and scoring. Developing leadership skills. <b>Creative dance</b> Children can create a dance using travel, turn, jump, gesture, pause and fall using ideas from a class topic and perform for an audience.</p>	<p><b>Athletics</b> Continue with developing running, jumping and throwing activities. Improving physical fitness but also combining activities with more control and fluency. <b>Cricket</b> Develop skills of batting, catching and fielding and understand rules of the game. Interact well with team mates. <b>Swimming tbc</b></p>
4	<p><b>Football</b> Pupils will work on developing control and balance with football skills improving kinaesthetic awareness. They will develop awareness of spacing and work on decision making in small sided games. Also expand their understanding of attack and defence They will accept winning and losing in the spirit of the game. <b>Swimming tbc</b></p>	<p><b>Gymnastics</b> Through an understanding of symmetry and asymmetry children will develop flexibility and strength in an increasing range of gymnastics skills. They will work creatively on sequence work and evaluate their own and others work. They will be solving problems and making decisions. <b>Social Dance</b> Scottish Dance .The Merry Reapers, working on concentration, rhythm and timing.</p>	<p><b>Badminton</b> Develop gross and fine motor skills with a shuttle and racket. Work with a partner to rally and play a simple game. Responsibly and accurately score and referee. Supporting leadership skills and focus and concentration. <b>Creative Dance</b> Through a variety of stimuli children will enjoy expressing their thoughts and feelings through creative dance. They will both give and take constructive comment on their own and others work. This will promote enjoyment and self-esteem.</p>	<p><b>Athletics</b> Improving children's understanding of fitness and its contribution to health and well-being. To develop confidence in improving PBs. <b>Short Tennis</b> Using the tennis skills from year 1-3 develop mini tennis red game and pupils also take responsibility for scoring and refereeing. Thus developing leadership skills.</p>
5	<p><b>Large ball skills Netball and Rugby.</b> Develop skills needed for both games which demand balance and control. Working with a large ball improving hand eye co-ordination. Increase speed in moving quickly</p>	<p><b>Gymnastics</b> Improve balance skills based on weight on hands particularly handstand. Analyse photo evidence to assess improvement and next steps. Use in P.L.P.</p>	<p><b>Badminton</b> Develop last year's skills improving speed and fluency. Improve match play with problem solving skills and officiate with confidence. Increasing leadership skills. <b>Creative Dance</b> In small groups express thoughts, ideas and feelings in</p>	<p><b>Athletics</b> Children are more aware of their personal best in a number of athletic events and work on improving performance which in</p>

	<p>from attack to defence which demand decision making skills. Develop confidence.</p>	<p>Develop creative sequence work. <b>Social Dance</b> Continue to expand repertoire of dances and work with respect and tolerance with others <b>Swimming tbc</b></p>	<p>a creative dance linked to class topic work. Perform for an audience and give and accept constructive comment.</p>	<p>turn will increase motivation and enjoyment <b>Golf</b> Introduction to club golf and links with local club. Rhythm and timing.</p>
6	<p><b>Hockey</b> Introduction to basic skills and improve stamina fitness. Respect for rules and tolerance of other players. Understanding of positions and game play in a six a side game.</p>	<p><b>Gymnastics</b> Work on themes of flight and partner work. Develop strength and flexibility to perform skills confidently. Work with a partner to develop a sequence that can be watched by an audience. Evaluate strengths and weakness in a performance. <b>Social Dance</b></p>	<p><b>Basketball</b> Improve gross and fine motor skills. Work in a team with determination and resilience. Start taking on the role of referee and scorer with responsibility and also take on the captain's role of leadership. <b>Creative dance</b> In small groups express thoughts, ideas and feelings in a creative dance linked to class topic work. Perform for an audience and give and accept constructive comment. Building confidence and self-esteem. <b>Swimming tbc</b></p>	<p><b>Athletics</b> Understand how different athletics events can improve different aspects of fitness For some the opportunity to compete for the school. Responsibility for own warm up and cool down. <b>Rounders</b> Work in a team, positional play and decision making.</p>
7	<p><b>Hockey</b> Introduce skills missed last year and then improve co-ordination and fluency with skills. Develop responsibility and leadership with team play. Improve focus and concentration to play in house hockey tournament. Problem solving skills in a quick and decisive environment. Cue recognition to be successful in play. Develop their own warm up.</p>	<p><b>Gymnastics</b> Work on balance in 3's or larger group to develop a sequence for an audience with their own choice of music. Evaluate strength and weakness in another performance and suggest ways it could be improved. Developing balance, control, rhythm and timing <b>Social Dance</b></p>	<p><b>Basket ball</b> Improve gross and fine motor skills. Work in a team with determination and resilience. Start taking on the role of referee and scorer with responsibility and also take on the captain's role of leadership. <b>Creative dance</b> With children's own choice of stimuli they can explore and choose movement to create and present a dance to an audience. Give and accept constructive criticism. <b>Swimming tbc</b></p>	<p><b>Athletics</b> Record times and distances with accuracy for 75m, distance run, high jump, standing long jump, cricket ball throw and Koit sling. Leadership in house sports day teams. <b>Rounders</b> Work in a team. Sport for fun and relaxation</p>